In the Claims

This listing of claims will replace all prior versions and listings of claims in this application.

1 (Currently amended). A composition for stimulating muscle growth, ~~said composition comprising~~ wherein said composition has an amino acid component that consists essentially of a muscle growth stimulating effective amount of L-arginine and, optionally, one or more amino acids selected from the group consisting of[[,]] L-leucine, L-isoleucine, and L-valine and wherein said composition further comprises any one or combination of ingredients selected from the group consisting of chromium; choline; sodium borate; and vitamin B5.

2 (Currently amended). The composition, according to claim 1, wherein said L-arginine is present in an amount of ~~about~~ 1.0 g to 60.0 g per serving.

3 (Currently amended). The composition, according to claim 1, ~~comprising:~~ wherein said composition comprises

L-Arginine ~~(free base)~~	1.0-60.0 g
L-Leucine	25-200 mg
L-Isoleucine	25-200 mg
L-Valine	25-200 mg
Chromium	10-50 mcg
Choline	10.0-700 mg.

4 (Cancelled).

5 (Currently amended). The composition, according to claim 1, wherein choline is present in said composition in an amount of ~~which has a~~ 700 mg, or less~~, of choline~~.

6 (Currently amended). A method for stimulating growth of muscle in a mammal, said method comprising administering to a mammal a muscle growth stimulating amount of a composition having an amino acid component that consists essentially of L-arginine and, optionally, one or more amino acids selected from the group consisting of L-leucine, L-isoleucine, and L-valine; and wherein said composition, further comprises any one or combination of ingredients selected from the group consisting of chromium; choline; sodium borate; and vitamin B5.

7 (Original). The method, according to claim 6, wherein said composition is orally administered.

8 (Currently amended). The method, according to claim 6, wherein said L-arginine is present in an amount of from ~~about~~ 1.0 to 60.0 g.

9 (Currently amended). The method, according to claim 6, wherein the composition comprises:

L-Arginine ~~(free base)~~	1.0-60.0 g
L-Leucine	25-200 mg
L-Isoleucine	25-200 mg
L-Valine	25-200 mg
Chromium	10-50 mcg
Choline	10.0-700 mg.

10 (Cancelled).

11 (Currently amended). The method, according to claim [[5]] 6, wherein ~~the composition has~~ choline is present in said composition in an amount of 700 mg, or less~~, choline~~.

12 (Currently amended). A method for stimulating an immune response in a mammalian organism, said method comprising ~~the step of~~ administering to a mammal in need thereof an effective amount of a composition having an amino acid component that consists essentially of L-arginine and, optionally, one or more amino acids selected from the group consisting of L-leucine, L-isoleucine, and L-valine; and wherein said composition, further comprises any one or combination of ingredients selected from the group consisting of chromium; choline; sodium borate; and vitamin B5~~L-arginine or a salt thereof~~.

13 (Currently amended). The method according to claim 12, wherein said L-arginine is administered intravenously as an aqueous solution in an amount of 1-10 [[g]] grams per day.

14 (Original). The method according to claim 12, wherein said L-arginine is administered in association with an immune system stimulation.

15 (Currently amended). The method according to claim 14, wherein said immune system stimulator is vitamin C and is administered in an amount of ~~about~~ 1-10 grams [[g.]] per day.